

## Session 4: In everyone's corner

### Objectives:

- Gain an understanding of the stigma experienced by young people who experience mental health problems.
- Address the role your young people can play in making a difference for young people with mental health problems.
- Recap how young people can be in each other's corners.
- Give your young people the opportunity to let their mates know that they are there for them.

### Resources:

- PowerPoint presentation.
- 5 x short 'In Your Corner' films. All can be accessed via the playlist - <https://youtu.be/X6YHW7sQ2wM?list=PLW8cG1kJhcvdjY37Nutu786dQ5bJPkOF8>
- 'In Your Corner' Postcards - you may have received some in your pack or you can download more at [www.time-to-change.org.uk/november/resources](http://www.time-to-change.org.uk/november/resources)

### Outline:

#### Minute 1

##### Introduction: slides 1-3

- 90% of young people with a mental health problem experience negative reactions from their friends.
- Last week we learnt a bit about mental health. This is the last week of our series on being in your mate's corner and today we're going to look at what we can do to be a generation who are more open about mental health problems than any before.
- Being in everyone's corner is not about having to be there for everyone's problems. It is about creating a safe, friendly environment where no one is made to feel isolated or ashamed because of a mental health problem.

#### Minutes 2-5 (this activity and discussion can be extended with more time)

##### Making a difference, part 1: slides 4-6

- Making a difference and creating an environment that is free from mental health stigma does not need to be difficult.
- It can happen by saying one small thing to someone, up to leading a whole social movement. Here are examples of what some young people have done to create a mental health friendly environment in their school. Read them out and add your own if you know any.

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- **Exercise:** We are all a part of this community and all play a role in making it a friendly environment. What could you personally do to create an environment where people feel less alone? What would you like to see from your teachers/youth workers? How would you like your school/youth club to change? Discuss this in pairs.
  - This could also be an opportunity to have a suggestions box in the school where students can anonymously write down what they would like to see from the school around their wellbeing.

## Minute 6-9 (this section could be extended to write the postcards if you have more time)

### Making a difference, part 2: slides 7-8

- **Discussion:** Do you remember Eric and Guy from the first week? Can you remember the ways Eric was in Guy's corner? Ask your young people if they remember the two guys from the first week. Play your favourite of the 5 videos or all of them, you can see the playlist here - <https://youtu.be/X6YHW7sQ2wM?list=PLW8cG1kJhcvdjY37Nutu786dQ5bJPk0F8>
- **Discussion:** How do you think it felt for Guy to have Eric in his corner?
- **Activity:** You know your mates better than anyone, whether your friend has a mental health problem, are having a difficult time or if they're feeling better than ever - let them know that you're there for them.
  - If you have been able to print off the postcards from our downloadable resources - [www.time-to-change.org.uk/november/resources](http://www.time-to-change.org.uk/november/resources) then this is where they can be used. If you can facilitate young people sending these to each other it can be a really good way of engaging young people in the message. Maybe have a post box in your 'in your corner' corner or in the form room, ask a student or 'prefect' type group to facilitate distributing them out to each other.

## Minute 10

### Conclusion: slide 9-12

- **Remember:** You do not need to be an expert to be in your mate's corner: listen, don't judge, just reach out, be by their side, do small things, do something together.
- If you want to find out more about our campaign. Look for us on Facebook, Twitter, Instagram, Pinterest and YouTube.

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